

The Lunch Line

Bureau of Nutrition, Health and
Transportation Services

Please route to:

☐ Food Service Director
☐ Kitchen Staff

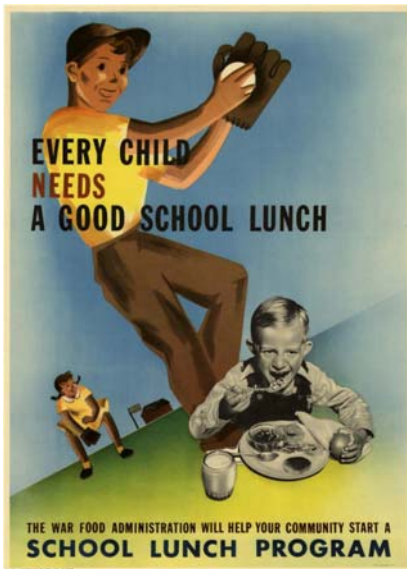
☐ Record Keeper
☐ Principal

☐ Superintendent
☐ _____

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November, 2008

Tying It All Together



*Every child needs a good school lunch
The war food administration will help your
community start a school lunch program*

This poster, printed in 1944, carried a simple statement. The school lunch program was in its infancy. Children everywhere needed a “good” lunch. Imagine how uncomplicated menu planning, food preparation and recordkeeping would have been back then.

Now let’s take a look at the program as it exists in 2008. There are many regulations, initiatives, and policies today and at times school foodservice directors find it difficult to keep up with expectations.

The School Meals Initiative for Healthy Children (SMI) went beyond the meal pattern requirements by setting nutrition goals for breakfast and lunch. This required an adjustment in menu planning; primarily in the area of total fat, to make sure menus over a week met comprehensive nutrient goals.

The SMI necessitated the development of practices that would result in nutritious meals to students—every school day meeting the Recommended Daily Dietary Allowances.

Major changes had to be made to menus. Some of the popular high fat items couldn’t be served as often. Directors had to start purchasing items that were lower in fat and learn how to modify recipes to be “healthier.” Examples included margarine couldn’t be added to vegetables and fats needed to be decreased in recipes. Condiments could easily add fat and sodium; these items had to be limited in use and/or reduced in fat and sodium. Students were encouraged to get used to low-fat or non-fat milk.

These changes seemed impossible when the SMI regulations were issued in 1995, but school directors have made the steps attainable. *(Continued on Page2)*

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Upcoming Trainings

Mark your calendars now for the
Spring SNA District Workshops:

March 7	District 5 &
March 28	District 5
April 4	District 3 &
April 4	District 4
April 18	District 1
April 25	District 2

(Continued from Page 1)

The Healthier US School Challenge (HUSSC) is a way for schools to be recognized by USDA for going beyond the basic requirements and serving meals that meet a higher level of nutrition standards along with healthy lifestyle choices. While this certification is voluntary, USDA encourages all elementary schools to work hard to achieve this recognition.

HUSSC requires the support of administration, teachers, parents, and students.

Incorporating the 2005 Dietary Guidelines for Americans (DGA) into School Meals is the newest goal for school meals. Foodservice directors are encouraged to begin proactively implementing the applicable recommendations of the 2005 DGAs within the current meal pattern requirements and nutrition standards. This means increasing whole grains; increasing both fruits and vegetables; offering only low-fat and fat-free; milk/milk products; reducing sodium; increasing fiber; controlling cholesterol, and minimizing trans fats.

The Local Wellness Policy took the responsibility for school wellness beyond the lunchroom into the rest of the school.

The 2004 Child Nutrition and WIC Reauthorization Act included a requirement that school committees develop wellness policies that specify nutrition guidelines for all foods in the school, including competitive foods.

Wellness policies have been in place for over two years now. Does everyone in your school know that you have one? Is it being followed? When Congress included the school wellness policy requirement in the Child Nutrition legislation in 2004, they didn't intend for the policy to be written and forgotten. These were the goals they had in mind, goals that are very similar to those for the SMI and HUSSC.

- To promote healthy students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment.
- To help children and adolescents develop healthful lifelong eating patterns.
- To reduce the risk of childhood obesity and the development of chronic diseases.

Now is the time when schools should be evaluating the implementation of their school wellness policy. Did we do what we said we would? Has it made any difference? What changes still need to be made?

At a minimum the school food service role is to offer healthy meals that meet USDA meal patterns and the SMI nutrient standards. Are you doing that? Are you following the nutrient standards set by your school for a la carte foods sold at lunch time? Are there other areas in the school where foods are sold for which you have responsibility? Are there other areas in the school where foods are sold that compete with the reimbursable lunches? Do they follow the wellness policy guidelines?

The National School Lunch Program serves millions of children every day. It has grown into a vital part of most school children's day, providing meals for them that meet their nutritional needs in an environment that supports health.



Eat Smart. Play Hard™.

This is the new message for the school nutrition programs today, but one that requires support from administrators, school board members, teachers, students, and the community. It is imperative that foodservice personnel reach out to everyone in order for all of the USDA initiatives to come together and support each other.



"West Elementary School in Knoxville
HealthierUS School Challenge Award Ceremony"

Schools Participating in the Fresh Fruit and Vegetable Program



Fifteen new schools have joined Iowa's current list of 24 schools that participate in Iowa's Fresh Fruit and Vegetable Program (FFVP) for school years 2008-09.

The Food, Conservation, and Energy Act of 2009, also known as the Farm Bill, became law on May 22, 2009 (P.L. 110-234). Section 4304 of P.L. 110-234 amended the Richard B. Russell National School Lunch Act (NSLA) by adding section 19, the Fresh Fruit and Vegetable Program. Under section 19 of the NSLA, beginning July 1, 2008, the FFVP became a nationwide program that will operate in selected schools in the 50 states, the District of Columbia, Guam, Puerto Rico and the Virgin Islands. Because Iowa was a previously participating state, schools participating in the FFVP last school year were given the first option to continue participating for 2008-09.

The 39 schools that are participating in the FFVP for school year 2008-2009 are:

<u>School</u>	<u>City</u>
Johnston School of the Arts	Cedar Rapids
Kenwood Elementary School	Cedar Rapids
Garfield Elementary School	Clarinda
Amana Elementary School	Middle Amana
Corning Elementary School	Corning
JB Young Intermediate	Davenport
Denison Middle School	Denison
Perry High School	Perry
Indianola Middle School	Indianola
South Hamilton Elementary School	Jewell
Perry Elementary School	Perry
South Elementary School	Storm Lake
Forest City Elementary School	Forest City
Carver Elementary School	Des Moines
Harding Middle School	Des Moines
Weeks Middle School	Des Moines
Moulton Elementary School	Des Moines
Wellman Elementary School	Wellman
Norwoodville Elementary School	Des Moines
Central Lyon School	Rock Rapids
Colfax Mingo Elementary School	Colfax
Pocahontas Elementary School	Pocahontas
Franklin Elementary School	Boone
St. Mary's School	Manchester
Walnut Grove Elementary School	Council Bluffs

School

Edison Elementary School
Roosevelt Elementary School
Carter Lake Elementary School
Washington Elementary School
McKinley Elementary School
Findley Elementary School
Edmunds Academy
King Elementary School
Garfield Elementary School
Irving Elementary School
Everett Elementary School
Smith Elementary School
East Elementary School
North Elementary School

City

Council Bluffs
Council Bluffs
Council Bluffs
Council Bluffs
Des Moines
Des Moines
Des Moines
Des Moines
Muscatine
Sioux City
Sioux City
Sioux City
Storm Lake
Storm Lake

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What's New for 2008-2009?

Many exciting, new Team Nutrition trainings and events are being planned. Iowa has been awarded a Team Nutrition 2008 grant, that starts October 1, 2008 and goes through September 30, 2010. Our goal is to *encourage* Iowa children and youth to practice lifelong healthier eating and physical activity.

We plan to accomplish this by offering regional trainings across the state to school and child care staff on ways to implement the 2005 Dietary Guidelines for Americans. Chefs and local food service directors that are already making healthier changes will be included in the school trainings. Preparing quality healthy food that is attractive and appealing is the key to children making healthier food choices.

A training this summer at the ISU tea room for food service directors will provide a hands-on experience on ways to implement menu changes, as well highlight the effectiveness of communication, marketing and merchandising. Role modeling workshops, new Healthy Minutes for IPTV and school employee wellness through "Live Healthy Iowa" are other grant projects. "Youth in Action for a Healthy Iowa" is a symposium on November 19, 2008 for a sampling of 80 high school students from across the state; this event is co-sponsored by State of Iowa Youth Advisory Council (SIYAC). Check out their website,

<http://www.iowa.gov/educate/content/view/373/438/> in December for what this age group identifies as the problems and solutions that make sense to them on how to improve healthy school environments, communities, and individual health habits to prevent rising rates of childhood obesity.

In the spring of 2009, four regional workshops for youth teams will be offered to put their ideas into action. If you are interested in attending any upcoming Team Nutrition trainings, please contact Patti Delger, Team Nutrition Project Director at patti.delger@iowa.gov.

Improving School Meals Involves A Roadmap

The School Meals Initiative for Healthy Children (SMI) involves more than just a nutrient analysis. It is an on-going process to meet the needs of children and improve the quality of school meals. SMI has five goals:

1. provide access to healthy meals to children to promote their health, prevent disease, and meet the *Dietary Guidelines for Americans*;
2. provide school meals with customer appeal;
3. recognize differences in school districts/schools and offer them choices in menu planning;
4. provide the necessary training and technical assistance to school districts/schools;
5. build partnerships to ensure that students receive healthy meals and to increase cost effectiveness.

All schools were invited to view a training broadcast through *K12 Connections* in September. If your school is due for a school meals review this year, your authorized representative and food service director were specifically invited to attend special training to prepare for the School Meals Initiative review. Face-to-face training by consultants was held in late September and October. Training emphasized the daily practices that ensure that the SMI goals are met and was based on the USDA manual *The Road to SMI Success*. A disc containing this manual was sent to all school districts in fall 2007.

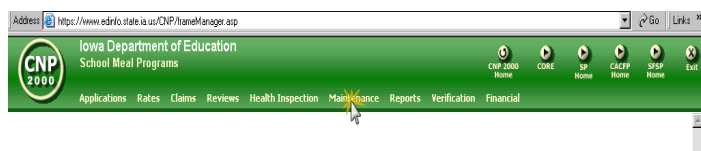
If you want more information on the SMI process, nutrient analysis and the daily practices, check out the references at <http://www.fns.usda.gov/tn/Resources/roadtosuccess.html>. Copies of the manual are available for downloading at this site. Hard copies and copies of the disc are no longer available.

Contact your area consultant if you have questions about the SMI or the review process.

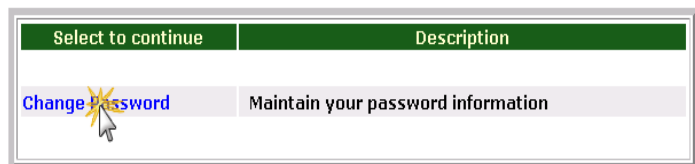


Changing Your Password on CNP2000

Here are steps to changing your password on CNP2000:



Click on "Maintenance" option in menu bar



Select "Change Password" on menu option

Add / Update Login Profile

User Information	
First Name	E
Last Name	M
Login ID	CC
Current Password	1
New Password	2
Confirm Password	3
Email Address	
Phone Number	

This will bring up your Login Profile page.

- #1. Enter you current password.
 - #2. Enter new password.
 - #3. Enter new password again.
- Then click on "Submit" button.

User Information Modify

Posting Confirmation:

The information on your form was successfully posted to the database.

Click [here](#) to exit this page.

If you correctly enter modification, you will receive the above message. Click on "here" to exit page.

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter or both. Please send your questions to ellen.miller@iowa.gov.

HealthierUS School Challenge 2008

Recognizing Nutrition Excellence in Schools



The criteria for the *HealthierUS* School Challenge has recently been updated and revised to reflect the 2005 Dietary Guidelines for Americans, including lunch requirements for serving only low-fat or fat-free milk, minimum serving size of ¼ cup for fruits and vegetables daily, serving dry beans or peas weekly, dark green or orange vegetables served three times per week and whole grain foods served daily; competitive foods or a la carte have trans-fat and sodium requirements, only 8 oz. low-fat/fat-free milk size and only 6 oz. 100% juice size offered.

Schools must submit a copy of their wellness policy, food items sold for fundraising must meet guidelines, structured physical education is required and schools must demonstrate a commitment to prohibit the use of food as a reward.

We have schools working towards this USDA national recognition. Obesity is a major health concern for our school children and it takes a "TEAM" approach at school and in the community to make healthier environmental changes.

Working together, we can create healthier schools! Go to <http://teamnutrition.usda.gov/HealthierUS/index.html> or contact Patti Delger, Team Nutrition Project Director at patti.delger@iowa.gov for more information.



"Northstar Elementary School in Knoxville receives the Gold HealthierUS School Challenge Award on October 16, 2008"

Administrative Reviews

Applications, Counting, and Claiming

In November, 2007, USDA released the findings of the Access, Participation, Eligibility and Certification (APEC) study. This nationwide study conducted in school year 2005-06 focused on erroneous payments made in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The study looked at the process of certifying applications and the process of identifying and claiming reimbursable meals. The findings were disturbing.

In the area of certification, about one in five students who applied for meal benefits were certified incorrectly or were improperly denied meal benefits. Overcertification (providing more benefits than the student was entitled to) occurred twice as often as undercertification. Nationwide, the total amount of money that was involved in these kinds of errors was just a little less than \$1 BILLION.

In the area of identifying reimbursable meals, the rate of errors was smaller but still worrisome. In this area, cashiers who did not correctly identify reimbursable meals were the biggest cause of errors, and these errors were more frequent for breakfast than for lunch.

USDA has required that state agencies complete some ADDITIONAL administrative reviews (AARs) beginning this school year, focusing on applications and counting and claiming. Iowa has selected six schools for these additional reviews. Criteria for selecting the six schools included the rates of household non-response and benefit change during verification. If you receive a regular review this year you will not be selected for an AAR, but schools may be selected for an AAR any time during the 5 year review cycle including the year before or the year after a regular review.

How can you improve your LEA's performance in these areas? Here are some trouble-shooting tips:

- Make sure that the staff who certifies free and reduced price meal applications are well trained and have all the tools they need. Tools might include the current version of ICAVES (in the

form download section of the CNP 2000) or a similar calculator, a copy of the *Eligibility Manual* (http://www.fns.usda.gov/cnd/Guidance/eligibility_guidance.pdf), access to the annual training provided;

- Use verification for cause when needed. The process is the same as regular verification, but should be conducted whenever an application is submitted that is questionable. However, DON'T verify all applications routinely and don't report the results on the verification summary report;
- Refresh your seasoned staff and train your new staff (and subs!) in offer versus serve. The OVS manual has some training tips and exercises. Be sure to use the training that corresponds to your method of menu planning (http://www.fns.usda.gov/tn/Resources/offer_v_serve.html);
- Adapt the monitoring review form as a quality assurance tool. You must complete it once each year prior to February 1, but add a review of the cashiers' recognition of reimbursable meals to question 4. Do this early in the school year and after school breaks to make sure reimbursable meals are being identified and correctly claimed. Include all your cashiers at OVS training... remember that more errors were noted at breakfast than lunch;
- Post some signage to help students select a reimbursable meal.

If you have questions, contact Nancy Christensen at nancy.christensen@iowa.gov or 515-281-5663.

Keep Your Head In The Game!

School is back in session, and now that you have finished at least the first thirty days, it's time to do some reflecting on how well you and the other persons working in your kitchens perform their daily work. Are you spending time in "mini-lessons", on-the-job training? Are you doing re-training on the same issues again and again? Some directors relate that staff turnover is one of the most frustrating issues that they deal with, because the time spent on helping a new staff person learn the job depletes the energy and time that the director has to keep up with regulatory changes, food safety, and that never-ending bookwork.



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The world of school food service is more than planning meals with 5 components, and getting the food ready by lunchtime. We have seen more attention focused on meeting nutrition goals, lowering fat and raising fiber levels, meeting the needs of children with special diets, implementing wellness goals in the foods we sell, ensuring safe food use, and documenting our food safety policies. In order to keep up with all of these initiatives, you must plan to train!

There are many resources for materials to use for self-training or planning training sessions for your staff persons. Our Bureau website, <http://www.iowa.gov/educate/content/blogcategory/59/904> contains links to ongoing activities supported or facilitated by our Bureau; search under the right hand column for "Nutrition Quick Links". The National Food Service Management Institute, www.nfsmi.org includes many complete lesson plans on a wealth of topics. The Healthy Meals Resource System, <http://healthymeals.nal.usda.gov/> links to a database of educational and training materials offered by USDA.

For the first time this fall, the Bureau offered two-part training on School Meals Initiative (SMI) Tools for Success. The ICN portion of that training was viewed by over 300 persons, and schools who are being reviewed this next year attended a hands-on training regionally with their consultant. We plan to offer this training each fall to help you prepare for your review conducted every 4 years.

Also, check the "Nutrition Quick Links" area mentioned above to link to Team Nutrition training and events! There are events planned to involve students and community members as well as food service personnel. Plans are being made for the Summer 2009 School Program workshops. Because of the increasing emphasis on financial matters, we will again be offering the Financial Workshop and Procurement Workshop this next year. Other classes offered will include ServSafe, HACCP Food Safety, Manager's Update, New Manager's Orientation, the Food Buying Guide, and a new two day workshop focusing on School Meals Initiative (SMI) Road to Success menu planning.

Resources

SMI Tools for Success CD



SMI Tools for Success for School Food Authorities is a CD developed by USDA's Team Nutrition. The CD includes three resources:

- ♦ The Road to SMI Success: A Guide for Foodservice Directors.
- ♦ Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs, and
- ♦ SMI Frequently Asked Questions.

The SMI Tools for Success is a single source reference for schools to provide meals that meet the nutrition standards that align with the dietary guidelines and meet federal regulations and helps children develop lifelong healthy eating habits.

The Road to SMI Success: A Guide for Foodservice Directors is a guidance manual published in January 2007 for foodservice directors, supervisors and managers on successfully implementing USDA's School Meals Initiative for Healthy Children within their daily practice.

The Road to SMI Success is a complement to USDA's *Menu Planner for Healthy School Meals*. *The Road to SMI Success* guidance manual was developed by the SMI Task Force. Our Department's consultant, Jane Heikenen served as a State Agency representative on the National Task Force that developed *The Road to SMI Success*.

The CD also has a companion manual *Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs*. This manual is a guide for conducting an accurate nutrient analysis of your menus. It is intended for:

- schools using the NSMP or ANSMP approach that are required to conduct a nutrient analysis of their own menus.
- schools using one of the food-based menu planning approach that are conducting their own nutrient analysis.

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The third resource on the CD is the *SMI Frequently Asked Questions* – this document provides additional SMI guidance for the State Agency and School Food Authorities (SFAs) to use in implementing SMI requirements. It was developed by compiling participants' questions from the national SMI training in 2004 and responses to the questions. The questions represent common areas of SMI where additional clarification was needed.

Every school's authorized representative was sent *SMI Tools for Success for School Food Authorities* CD last fall. If you don't have it, check with your school's authorized representative or you can download the materials from the Team Nutrition website <http://teamnutrition.usda.gov/Resources/roadtosuccess.html>

Julia's Tidbits

Healthy Kids Act – Nutrition Advisory Panel Update

As mentioned in the last issue of the Lunch Line, the Healthy Kids Act passed into law last spring calls for the State Board of Education to adopt rules establishing nutritional content standards for foods and beverages sold or provided on the school grounds during the school day. The Nutrition Advisory Panel has met four times as of this writing and is nearing completion of their work. The recommendations from the Panel will be presented to the Department of Education in early December. The Department will then work with the State Board of Education in drafting rules for notice and review by the Legislative Administrative Rules Committee, Public Comment, and eventual adoption. This process will take several months. By law foods sold for fundraising purposes and foods and beverages sold at concession stands are excluded from the nutritional standards.

The Healthy Kids Act also includes components related to physical activity, students completing a cardiopulmonary resuscitation class, and a requirement for Area Education Agencies to contract with one or more licensed dietitians for the support of nutritional provisions in individual education plans. AEA's will be communicating out information regarding implementation of this component.

Farm to School

The Iowa Farm to School Council is encouraging the establishment of Farm to School Chapters to support the establishment of strong local networks. The Chapter provides the framework for bringing together individuals and organizations that are familiar with their local community's resources, needs and producers. A chapter can encompass an entire school district or simply be built around one school and a single project.

Packets of information to assist in establishing a Farm to School Chapter in your area are available through the Iowa Department of Agriculture and Land Stewardship (IDALS). If you are currently involved in another group working on local food systems initiatives or know of one in your community, consider suggesting the idea of forming a Chapter to that group. It is not necessary to create a new or separate network.

A link to the IDALS website, can be found on our Bureau website, click on Nutrition Program Links and then on Farm to School.

Upcoming Trainings

The following dates have been set for the Spring SNA Iowa District Workshops. Registration and location details for these workshops, sponsored in conjunction with the Department, will be distributed the first part of 2009. Mark your calendars now.

March 2009 – District 5						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2009 – Districts 1, 2, 3, and 4						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2008 SFSP Iowa Sponsors

The State Agency salutes the forty-three SFAs that fed children in the 2008 SFSP; they are:

Alta	Iowa City
Anthon-Oto	Keokuk*
Burlington*	Lamoni
Central Decatur	Maple Valley
Charles City	Marquette Academy
Cherokee	Marshalltown
Clinton	Mason City
Council Bluffs	Moravia
Davenport	Mount Ayr
Denison	Murray
Des Moines Independent	Muscatine
Diagonal	Oelwein
East Greene	Ottumwa
Eddyville-Blakesburg*	Perry
Estherville Lincoln Central	Postville
Fairfield*	Sioux City
Fremont*	Southeast Polk
Fort Madison	Starmont
Glenwood	Storm Lake
Hamburg	Waterloo
Howard-Winneshiek	West Des Moines
	West Sioux

*New Sponsors in 2008

For more information about the SFSP, contact Rod Bakken, SFSP Lead Consultant at: 515-281-4760 or rod.bakken@iowa.gov



Commodity News

New Hires

Keck Inc. has hired a new office assistant, Barb Connor from Van Meter. She replaces Angela Scanlan. Her phone number is 515-244-5631 ext. 120. Welcome, Barb!

Café Favorities has hired a nutritionist and they have recalibrated two of their current products. You will see slightly different nutrient information on the 2008-09 commodity fact sheets on the **Whole Grain Cold Cut Combo** and the **Whole Grain Turkey Ham & Cheese Melt**. You need to use the information that is in the new 2008-09 Commodity Fact Booklet. If you have further questions you may call Café Favorites at (218) 685-6500.

2008-2009 Commodity Advisory Council

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*New Members